

Good Conversations = Good Relationships

Pastor Art Hunt – Series: “Let’s Talk”

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“But the things that come out of the mouth come from the heart . . .”
Matthew 15:18a (New International Version)

Take-Home Truth: Good conversations are the bedrock of good relationships.

WHY ARE GOOD CONVERSATIONS SO IMPORTANT?

Good conversations are important because . . .

- . . . they help establish closeness and intimacy with others.

Rejoice with those who rejoice, weep with those who weep.
Romans 12:15 (English Standard Version)

Oh, dear Corinthian friends! We have spoken honestly with you, and our hearts are open to you. ¹²There is no lack of love on our part, but you have withheld your love from us. ¹³I am asking you to respond as if you were my own children. Open your hearts to us!
2 Corinthians 6:11-13 (New Living Translation)

- . . . they provide an opportunity to express love and caring, which help develop friendships.

Let all that you do be done in love. 1 Corinthians 16:14 (ESV)

See also Ephesians 4:15.

A servant of the Lord must . . . be kind to everyone . . . 2 Timothy 2:24b (NLT)

- . . . they solve problems and promote growth in the relationship.

As each has received a gift, use it to serve one another, as good stewards of God’s varied grace: . . . 1 Peter 4:10 (ESV)

- . . . they produce joy and well-being.

Greet my beloved Epaphroditus, who was the first convert to Christ in Asia.
Romans 16:5b (ESV)

TWO SKILLS THAT WILL HELP FACILITATE GOOD CONVERSATIONS

- **Skill #1: Ask good questions.**

The purpose in a man's heart is like deep water, but a man of understanding will draw it out. Proverbs 20:5 (ESV)

“How Are You?” Questions

- What have you been thinking about today?
- What emotions have you experienced today? . . . or, recently?
- Where is God making Himself known to you these days?
- How are you doing physically?

Application Tip: Use these “How are you?” questions regularly with your spouse or a good friend the next couple of weeks and see what impact they have on the relationship.

- **Skill #2: Active Listening**

He who answers before listening—that is his folly and his shame. Proverbs 18:13 (NIV)

Components of Active Listening

- Show interest and attention.

Body Language in Active Listening

- Body Position
 - Eye contact
 - Facial feedback
 - Non-verbal responses
- As you listen, pay attention to both content and emotion.
 - Demonstrate that you are listening by paraphrasing what you hear.

How to Paraphrase

- Begin with “So what I hear you’re saying. . .” or, “Sounds like your saying . . .”
- Then summarize the content and any emotion you heard in one sentence.

“You’re feeling _____ because _____.” or,
“When _____ you feel _____.”